

Return to Rugby




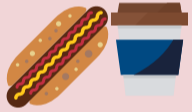


Level 4 guidelines

As of 2 November 2020 (updated 23 November 2020)

LEVEL 4 OVERVIEW

Within Level 4 we would expect to see very high or rapidly increasing incidence, and widespread community transmission which may pose a threat to the NHS to cope. It is likely that this level would see the introduction of measures close to a return to full lockdown. Measures would be designed to be in place for a short period, to provide a short, sharp response to quickly suppress the virus.

Level 4 permits individual training only (all age groups), in which players must maintain physically distanced at all times.

LEVEL 4	PERMITTED 	NOT PERMITTED 
RUGBY ACTIVITY 	<ul style="list-style-type: none"> • All age groups - Individual training (physically distanced) only: • Players must not encroach within 2m of each other • Max 30 people in bubble including coaches: <ul style="list-style-type: none"> • P5/U10 and below - max 30 people per 1/4 pitch. • P6/U11 and above - max 30 people per 1/2 pitch. • Multiple training bubbles permitted (e.g. 2 x bubbles of 30 per full size pitch). • Coaches must remain 2m from players. • Ball transfer (e.g. passing activities) is permitted (with regular cleaning) • Max 1 parent/guardian can stay to observe their child train. 	<ul style="list-style-type: none"> • No use of tackle shields, scrum machines/sleds. • No touch rugby (all ages). • No modified or full contact training activities (all ages). • No competitive match play until January 2021 at the earliest (all age groups). • No club v club or school v school activity.
CATERING & HOSPITALITY 	<ul style="list-style-type: none"> • Takeaways permitted for alcohol and food. 	<ul style="list-style-type: none"> • No alcohol sales indoor or outdoors. • No food sales for consumption on premises permitted. • Time restrictions may apply to permitted areas.
RUGBY FACILITIES 	<ul style="list-style-type: none"> • Changing rooms and showering facilities should remain closed in Level 4 areas, although they may be made available for participants who require additional support such as disabled people or those with special needs - for further guidance click here. 	<ul style="list-style-type: none"> • Gyms must close. • Socialising rules apply. • No indoor group contact activity (all ages). • No spectators. • No indoor physical activity or exercise (all age groups). • Changing rooms remain closed (exemptions apply).
TRAVEL & TRANSPORT 	<ul style="list-style-type: none"> • Avoid car sharing with people outside extended household wherever possible. • No use of public transport, except for essential purposes. • No non-essential travel into or out of the level 4 area. If necessary, limits on travel distance, or a requirement to stay at home. • Participants (all ages) who live in a level 4 area should not travel further than 5 miles out of their local authority area to take part in rugby activity, and only where this is necessary. 	

For enquiries, please contact rugbydevelopmentadmin@sru.org.uk



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